

**Name of Activity:**

**Purpose of Activity:**



### Vegetable and Fruit Challenge

- Identify various fruits and vegetables.
- Count the number of fruits and vegetables eaten at lunchtime.
- Record their progress on a chart.
- Practice addition by adding up the number of servings daily, weekly and monthly.
- Compare their personal and whole class progress with an identified goal.

**Suggested Grade Level:** 4-5

### What to do:

1. Hang up the chart\* in the classroom. The chart is printed on synthetic paper, which will wipe off clean. Have dry-eraser markers readily available near the chart. Markers can be attached with Velcro to the chart.
2. Set a classroom goal. The goal is set by multiplying the number of school days in the month (or weeks) by the number of students in the class by 1.5 servings. For example, the month of February may have 15 school days and your classroom has 20 students. The formula would be as follows:  $15 \text{ days} \times 20 \text{ students} \times 1.5 \text{ servings fruits \& vegetables} = 450$ . The 450 becomes your monthly goal for the student to reach on the chart.
3. After lunch each day, have the students come up to the chart and make an x in the numbered boxes, putting one x for each fruit or vegetable eaten, one x per box. Be sure to have students bring lunches from home participate as well as those students purchasing school lunch. Notify parents of the challenge to encourage their support and participation.
4. Plan a special tasting party or offer NON-FOOD incentives to the students when the goal is reached.
5. Tasting Party

Have the class select three fruits and vegetables for tasting from each of the five color categories. Check with nutrition services before having students complete this activity. Identify any of the fruits and vegetable choices that are not readily available for tasting. Eliminate these from the selection list.

### **Math Model Content Standard 3:**

Students use data collection and analysis, statistics, and probability in problem-solving situations and communicate the reasoning used in solving these problems.

Students will solve problems by systematically collecting, organizing, describing, and analyzing data using surveys, tables, charts, and graphs.

\*Chart is included in the USDA Team Nutrition Fruit and Vegetable's Galore resource.

